

Food Label And Health

By: All A+ Essays

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Phoenix Material Grading Guide for Food Label and Health Content (70%)Points Earned: All key elements of the assignment are covered in a substantive way. Major points are stated clearly and are supported by specific details, examples, or analysis. Complete the Food Label and Health





assignment by providing at least a 350-word response in APA format to this assignment. Included the following: Discuss what the 5/20 rule is according to the "Food Label and You" video. Include an example of a food label from your own pantry, clearly stating how the rule applies to specific





nutrients on the food label. Outline how the 5/20 rule wouldbe applied to at least two chronic diseases. For the diseases mentioned, which nutrients should be reduced or increased? Discuss the proposed Food Label changes outlined in the Textbook, explaining how the changes would help





consumers understand food labels more effectively. Examine the food labels for three food items in your own pantry or refrigerator. Name the food products and build a list or a chart, indicating the followincomponents: o Total calories per servingo Percentage of calories from fato Total







Tone (15%)Points Earned: The tone is appropriate. The introduction provides a sufficient background on the topic and previews major points. Paragraph transitions are present, logical, and maintain the flow throughout the paper. The conclusion is logical, flows from the





body of the paper, and reviews the major points. Comments: Mechanics (15%)Points Earned: The paper—including tables and graphs, headings, title page, and reference page— is consistent with APA formatting guidelines and meets courselevel requirements. Intellectual property is





recognized with in-text citations and reference page. Rules of spelling, grammar usage, and punctuation are followed. Sentences are complete, clear, concise, and varied. Comments: Total Points Earn In this assignment you will analyze food labels, list the nutrient classes and their





functions, and summarize the consequences of overnutrition and undernutrition. Complete the Food Label and Health assignment by providing a response of at least 300 words in APA format to this assignment. Include the following: Discuss what the 5/20 rule is according to the Food Label and You video.





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proposed Food Label changes outlined in the Textbook explaining how the changes would help consumers understand food labels more effectively. Examine the food labels for three food items in your own pantry or refrigerator. Name the food products and build a list or a chart, indicating the following





components: Total calories per serving Percentage of calories from fat Total amount of carbohydrates (in grams) Total amount of protein (in grams) Total amount of fiber (in grams) From your knowledge of nutrient intake and their associated chronic disease risk, are there changes you would make for the





food labels examined? The Grading Guide for Food Label and Health will be used for this assignment. Attachments

Question Field #Management





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